

Medication	Availability	Cautions	Side Effects	Use
Varenicline	Prescription only Chantix	Use with caution: and consider dose reduction in patients: Watch those with severe renal impairment Undergoing dialysis Cardiac precautions Mental health issues	Nausea / Insomnia Abnormal dreams Headache Fatigue Suicidal thoughts	Start one week before quit date, use 3-6 months
Nicotine Gum (2mg or 4 mg)	Over the counter Nicorette Generic	Caution with dentures Don't drink acidic beverages during use Cardiac precautions	Mouth soreness Salivation Belching / hiccups Stomachache	Up to 12 weeks or as needed Taper use at end
Nicotine Lozenge (2mg or 4 mg)	Over the counter Commit Generic	Do not eat/drink 15 minutes before or during use One lozenge at a time Limit 20 in 24 hours Cardiac precautions	Hiccups/Cough Heartburn/Headache Nausea Flatulence	Up to 12 weeks Taper use at the end
Nicotine Patch	Over the counter Nicoderm CQ Habitrol Generic	Do not use if you have severe eczema or psoriasis Cardiac precautions	Skin irritation Insomnia	6-8 weeks
Nicotine Nasal Spray	Prescription only Nicotrol NS	Not for patients with asthma May irritate nose lining May cause dependence Cardiac precautions	Nasal / throat irritation Rhinorrhea Headache/cough Bronchospasm	3-6 months Taper use at end
Bupropion SR 150	Prescription only Zyban, Wellbutrin Generic SR	Not for use if you: Currently use a (MAO) inhibitor Have a history of seizures Have a history of eating disorders	Insomnia/Dry mouth Headache/Agitation 0.1% seizure risk Caution in elderly Suicide & cardiac precautions	Start 1-2 weeks before quit date, use 2—6 months
Nicotine Inhaler	Prescription only Nicotrol inhaler	May first irritate mouth/throat Don't drink acidic beverages during use Cardiac precautions	Local irritation of mouth /throat Cough / Headache Nausea Bronchospasm	Up to 6 months Taper use at the end